# Evening World Daily Magazine



# How to Keep Your Youth

HEALTH TALKS

Coppelight, 1917, he The Press Publishing Co. (The Hear Took Evening World ).

The Face an Index to Character

is a deplorable fact that the treatment of the face for distingrements, wrinkles, blackheads, mples and other skin diseases is practically ignored by most busy physicians, and for that reason this mportant branch of the medical profession is usually left to barbers, nosalled beauty doctors and many unserupulous persons who know absolutely nothing about the intelligent care of the complexion.

Every person who treats the face. whether at home or professionally, should have a keen understanding about the nerves, texture of various

The face has been called by some which are not easily effaced. experts who make a deep study of This week I shall outline some the mind and sensation of the body your home facial rejuvenation. is reflected in it.

vised readers to cultivate calmness ward and downward.

ause this. Eat less and practice trunk raising and all body bending and twisting movements at least and trunk raising movements at least and trunk raising and twisting movements at least according to the least and twisting movements at least according to the least according and twisting movements at least ten STRETCHING EXERCISE FOR minutes twice each day. Diet is most ELDERLY WOMAN—MRS. F. K. H.:

cleanses the sluggish blood and stim- ten times at intervals during the day ulates the action of the eliminative organs, as well as destroys the apperite for food, temporarily. When you are very hungry try drinking several and rub the nails with occoa butter and rub the nails with occoa butter at night to keep them smooth and less brittle. Sometimes acidity causes this brittle. Sometimes acidity causes this condition of the nails. nourishing and not fattening. Take this or an apple for luncheon instead of the usual heavy meal. Ten glasses of water a day are none too much for

CANNOT PERSPIRE-MRS. G. H. B.: You must train the pores to do their work and encourage them through a course of Turkish baths. electric light bath in the home a healthful and sensible investment for any person, fat or thin. You cannot hope to keep well if you do not perspire freely. The peres of the skin must be kept open and

WAURICE R.-You must first learn to stand correctly and erectly and carry your shoulders, chest and head high. I am sure this is the cause of continual tired feeling throughout the chest. Practice exercises to strengthen the muscles throughout the cheat and shoulders and deep breathing always when in the fresh air.

VEGETARIAN DIET-MRS. WAL-TER D. One who eats eggs and cheese is not, strictly speaking, a vegetarian. Poultry, game, fish, shell consomme and all meat

### Making Sweets For War Xmas

OATMEAL MACAROONS. One tablespoon vegetable oil, onehalf cup honey or corn syrup or molasses, one egg, one and one-half cups oatmeal, one-fourth teaspoon one and one-half tablespoons

Put through the meat chopper enough cherry, peach or quince preserves to make a haif pint with the fuice. Heat fruit and add two table-special field and add two table-special field and so are placed in a serial field and continue stirring until it besides a find a serial field and continue stirring until it besides a find a field and continue stirring until it besides a find a first seed in a very little soid water. Stirwell and continue stirring until it besides a find a first seed in a very little soid water bring into olded dish to make a layer one inch cited dish to make a layer one inch cited dish to make a layer one inch cited dish to make a layer one inch thick. Let dry slowly, sprinkle with sugar and place in box with wased paper between the layers. A mixture of dried apprious and dates may be used for this paste. Wase may be used for this mail to the other's pale face. Wase may be used for this mail to

PAULINE FURLONG'S



Start with the forehead lines and work the fingers in oval

skins, causes of different skin dis- of mind and expression, because telleases and the positions of the under- tale marks of our thoughts become lying muscles; otherwise the treat- deeply planted in our faces through ments may do more harm than good. various lines and disfigurements

expression and character "the ba- facial massage movements, and each rometer of our moral and physical reader should study them carefully condition," because every mood of so as to get the best results out of

Start with the forehead lines and We all know that the so-called work the two forefingers in oval character lines which come with ago, movements, allowing the fingers to usually glaringly, denote the lives pass each other, crossing every time we have led, and that vices, passions, over the scowl between the eyeselfishness, kindness, happiness, &c., brows. For the fine forehead lines, are all easily detected in our facial which run completely across the forehead, use the first three fingers This is why I have so often ad- of each hand in oval movements up-

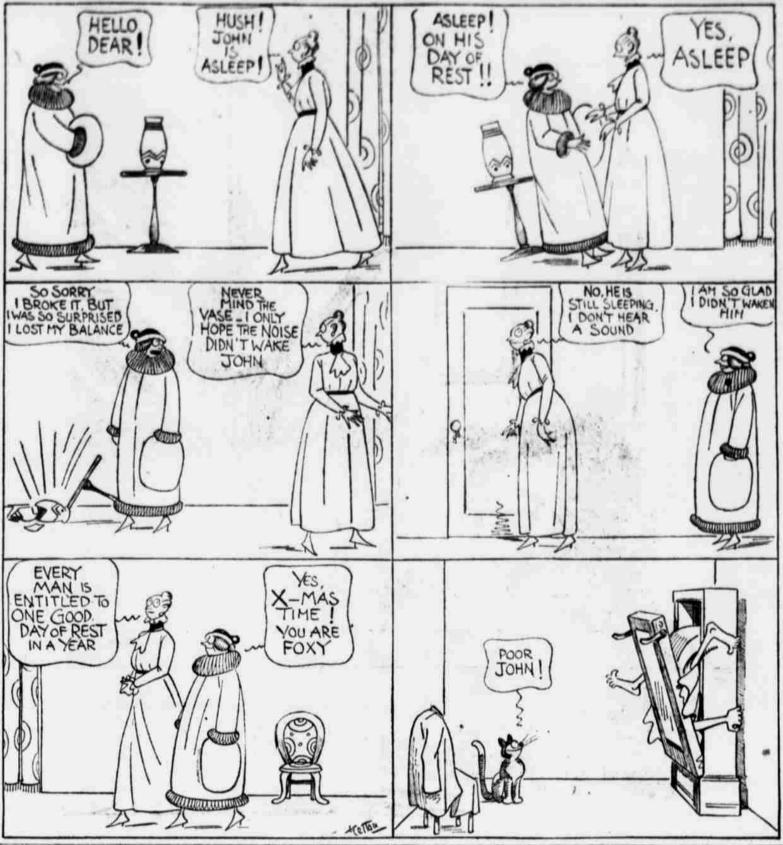
Answers to Health and Beauty Questions.

minutes twice each day. Diet is most important.

WATER DRINKING FOR HEALTH—MRS. T. R. F.: By all trying to touch the ceiling; at the means drink a great deal of water. It will not make you fat if taken between meals—on the contrary, it the arms and do the exercise about the new passes the sluggish blood and stimulation.

The Day of Rest

By Maurice Ketten



### Original Fashion Designs For The Evening World's Home Dressmakers

By Mildred Lodewick Three Pretty Nightcaps in Dointy Styles THER IS the

time. year fo practical night caps. The cold winter air that breezes in the open windows finds it an easy matter to penetrate the lace and sheer cotton goods which compose the dainty caps that women like to wear. Something warm that fits the head snugly, besides being a safeguard to health. would insure for each night a delightful sound sleep. Such a cap is also undentably more effectual in confining unruly locks of hair. The three I have designed are pretty enough to conceal their practicality.



MAKE THESE CAPS.

finished in points at each side, being of the lace band. held close over the cars by ribbon strings that tie together under the chin. The hand embroidery over the forehead is an effective trimming

that adds to the cap's individuality. The one just above it in the middle of the group is made of heavy satin ribbon confined to the head by a beading of ribbon. The satin centrepiece is overlaid with lace to match the little lace finishing the cap half way around. This is narrower in back and very slightly gathered.

The cap at the top may be made of any silk or woollen fabric, such as albatross or satin. Four uni-

The one at the lower corner could shaped sections are scamed together he made of light blue or any other with satin or self fabric cording, and becoming color of canton flannel, at the head line a few gathers are The pattern may be obtained by fit- made by a rubber run through a ting a piece of tissue paper to the casing. A narrow turn-up band of head, allowing the seams to appear lace gives it a touch of daintiness. at each side of the back, running and while the ribbon ties are not upward to the crown. The cap is necessary they aid in the preitiness

Answers to Queries

I want to get a dress for business, and thought Oxford cloth would be nice. What do you think? I very much want your advice as to a simple, suitable style, as I have been helped before. I am nineteen years of age, have dark blue eyes, almost black hair, and a dark complexion.

MISS R. C. Oxford cloth would be nice in a pretty brown color, with yoke and simulated vest, also collar and cuffs of tan color

which I have? Am

I would like to have a taffeta dress of a style which I can wear to dressy afternoon affairs under a separate fur coat. As I am thin I would like you to design me a style which would make me appear larger. Also, Am twenty-one years of age, have red-brown hair, brown eyes and fair complexion. MISS A. W. F.

A medium shade of green trimmed with self-color velvet ribbon round sleeves and tunic. Chemisette of bis-ruit colored crepe, tucked. Fancy buckles, trimming belt.

Big Xmas Celebration OF THE KIDDIE KLUB WILL BE HELD AT THE 10 A. M. Thursday, Dec. 27

Dear Cousin Members: To-morrow Christmas and I hope that it will be a happier, brighter Christmas than you could ever have imagined. I cannot send each of my cousins something for their Christmas stock-ing, but I can give you one great big gift for all of you to enjoy together.

BIG XMAS CELEBRATION. Be sure and come. Remember. sour Kiddie Klub Pin witt admit you and one adult escort.

Cousin Eleanor.

# Loneliness in the Frozen North A casts its Tragic Spell Upon a Strong Man (Invention and Invention and Inventio

keeps howling every now and then out there as though death was after me.

"Norvous?" said MacVeigh, stretching his strong young frame with another sigh of satisfaction. "What if you had to write this twice a year?"

but there as though death was after me.

"The first in four months," breathed dozen igloos which made up the Estimo village late the third day. Byechter sigh of satisfaction. "What if you had to write this twice a year?"

but there at one speaking a prayer.

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with a continue teaspoon of the control teaspoon baking growth.

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animals were oblivious to MacVeigh, Pashion Edder The Evening World

## "Somewhere in France" By ALBERT PAYSON TERHUNE

Being the Letters of a New York Boy to His Mother

. This Great Serial, Written for The Evening World, Starts January 7